



DAS (R)EINE VOLK-GEFOLGSCHAFT DER (R)EINHEIT  
**(R)EINHEITSGEBOT # 39**

ENGLISH TRANSLATION

Today we will take a closer look at my experiment of the past 14 days, which will give every pure individual MUCH MORE of HEALTH, JOY OF LIFE & STRENGTH, if we know how to apply correctly the tools, that have been given to us by the HOLY ALLPOWER and the progress. Everything is always good, if we are the good ourselves.

Hippocrates of Kos, the wise researcher and scholar of our pure, displaced (due to the total blowing up of the Nordland) holy folk, called once, after extensive analysis, to do the following:

*Let our food be our remedy,  
and our remedy be our food!*

There is no clearer way to show why our society, collapsing from all-encompassing weakness and degeneration before our eyes, is so crippled. The people lack everything essential, especially muscles, which not only give the body stability, but primarily serve detoxification and also the balancing of the fat metabolism.

Vitamins are so foreign to humans, that already 50mg of vitamin C per day are sufficient to maintain all life processes, according to the Jewish Zionist WORLD Agency WHO controlled by Rockefeller, alleged global health adviser.

In ISRAEL, art construct of those Zionist charlatans, one knows: SIXTY TIMES as much is absolutely necessary, day by day. Vitamin C is THE crucial active ingredient in the body-power-plant, which is involved in ALL processes, for health and maintenance of a youthful, strong body! Let us remember: MIND performance is enormously dependent on our physical condition. In this respect we immediately remember the TRINITY of our nature: MIND + SOUL + BODY. If one part of the being weakens, both the others also lack considerably, the WHOLENESS is outside of its center. Above all, the bound mind cannot perform its creation and control work of slowing down his essence to materialize just this named creation (make matter from the MIND) when it is ailing. Like a zombie army of slaves, the feeble-minded (!) run after the NON sense of their self-appointed leaders.

It cannot go on like this, **it will not go on like this**, the 6 humanity has come to its abrupt end, as before already five humanities had to be extinguished on part of the ALLPOWER. Only the purest essence - THE PEOPLE OF UNITY IN PURITY - maybe you understand my messages now? - can and will thrive as the basis of the 7th humanity.

That's why I have never gotten tired of mentioning for about 50 years: **EXERCISE is the most important physical turbocharger in this world, leading to the perfection of the holistic being**, in connection with pure nutrition and sufficient rest of course. Relaxation alternating with contraction, lead the person to detoxification and the build-up of muscles, that follows only while resting. We are not talking about body-building here. Please do not misunderstand me in this!

For 50 years I have been doing extreme sports, but in terms of my appearance I do not look like I would not fit through doors or into car seats. Being fit does not mean at the same time to teach ones muscles how to grow just for looks, since bodybuilding is a freak show, originating from sick minds. Bodybuilders can basically do nothing, except show off their muscles - I am not talking about Strong Men! -, all this is far below our level.

Pure POWER, carrying something unhandy, like a washing machine or a refrigerator, from the fourth floor of an old house to the fifth floor of the new one without any help from others, without needing an emergency doctor, to cope with his entire everyday life on his own, this is POWER,

which is to our benefit.

Also and above all, powerful people are not harassed by the illegal PIRACY of trading companies, since the VIOLENT MONOPOLISTS are not necessarily happy 'wiggling home' punished with death after their shifts or rather not being able to do so anymore. BODY STRENGTH is an essential factor in this world, which at the same time leads to WILL POWER, also the capability of distinction, which is lacking so much these days, is dependent of those physical forces in interaction, because once your powers are awakened as a whole ... You will be astounded of what you will be capable of!

As soon as your body-power-plant will have started its holistic work, you will feel it immediately! From this moment on you will feel a tremendous inner fire, which does not let you sit still anymore. Very little sleep (cleaning) you need from now on and you don't mind at all, being outside naked in the wind or any weather without getting cold. Ice bathing should no longer be a problem for you, since you have from now on been animated physically with the spark of light of the ALLPOWER.

So I swam, after I moved into my villa at the Zeuthener Lake, every morning after getting up at half past midnight all the way to the opposite "BEAVER TREE" to cool down from the boiling hot nights of inner fire, even at 0 degrees. As soon as the ice was frozen on the lake in front of my door - of course only when it carried me - I glided barefoot and naked across the lake. What a great training for my immune system, WHAT A REFRESHING EXPERIENCE!

## How you can bring all that perfect completeness into your life, I will explain to you afterwards.

Muscle building with raw vegan food - is that really possible? Imagine, dear reader, you will build muscles faster and more efficient with your hard strength training than you can imagine and, yes, ONLY using KETO.GAN.IF in right application:

Our brother Patrick, professional biochemist, Strength-Athlete, gives some information:  
[https://www.youtube.com/watch?v=X5HEC\\_PjTy0](https://www.youtube.com/watch?v=X5HEC_PjTy0)

Nicely visible: The body shell of our Patrick can not necessarily be described as less muscular. While carnivore strength athletes have the problem of the utilization of their proteins due to malnutrition, the plant-based, >>>>MIND-FULL <<<< sportsman has recharged himself at his power station, integrating into his bodily power plant something, which, as Patrick mentions, makes him nearly unable to sit on the couch. The opposite example below:

[Johannes Luckas](#) or [Koray Yalcin](#), both have let themselves be talked into having CANCER and have temporarily stopped it by means of further poisoning (CHEMO = gasoline into the fire). However, every child today already knows, CANCER is pure poisoning of the body cells, based on wrong way of life, which ONLY then can be healed, so the body is cleaned of the poison. Carrion, as "food", cooked, fried, steamed, in addition degenerated vegetable and still carbohydrates on top, multi-chained sugars, added to the steroids... which organism can handle this? [Rich Piana](#), one of the most famous freaks of the scene, didn't grow necessarily old with his way of life. He died during childhood.

In the "CANCER" video of the brother we learn that he has already tried *EVERYTHING* to initiate healing, which may correspond to conventional Rockefeller-UN health, but it was not possible for Jo-Hannes (you remember?) to take, my numerous, well-intentioned advice on the subject of true HEIL. He consciously, despite the numerous evidence from my side, lets loving, soulful animals, be slaughtered in the cruelest way, that have been kept in misery their whole life for his IN-appropriate

lifestyle. This is not enough: As "PERSONAL TRAINER" (trainer of slave moths), Jo-Hannes earns a lot of money to persuade other unconscious people to accept his wrong way of life, which goes completely against the grain of the ALLPOWER. And thus it reacts, in order to protect the humans, removing the troublemaker and disrupter of purity. By the way, Jo-Hannes is also a affiliate dealer for BEST-BODY-NUTRITION, a company based on pieces of carrion, and receives for sales made through him 20% of the profit by the manufacturer. Energetic relationships can always be described in every aspect. The unconscious, however, wonders:

## *"Why is it always me?"*

But now to the dissolution of the present topic:

Until August 27, 2020 I lived purely raw-vegan, according to my nutritional method KETO.GAN.IF, like I communicated it in my messages. A high amount of wild green, many leaves of berry bushes, nettles, dandelion, birch leaves, all green that grows in nature...

The general and awakened research suggests, that a person with healthy teeth should chew and insalivate every bite of his food between 30 and 50 times to - and now read carefully! - in the end, have only a maximum of 35% available and digestible biomass in his intestine from this food at his disposal. Those, who do not chew properly, lack much more, a maximum of 10-20%! An extremely frightening circumstance, I think.

In the period between 21 May and 27 August 2020, my athletic performance was moderately good, which in my case means, that I moved about 20 - 30 tons per training unit during my training three times a week. Often I was even cold outside in the morning, my fingertips dried, the skin there became wrinkled and, as mentioned here, more than three times a week I could not motivate myself to train. I was missing the desire, the drive! Although I had chewed food for a long time, allowed myself a lot of time to eat, I missed the *inner fire*. My organism needed more sleep than usual, which is a sign of lack of energy. Getting up at 01:30 o'clock could not to be thought of at all, rather I woke up only at around 04:00 o'clock.

On August 28th everything in my life changed, on this day the MIXER of the company WMF arrived, which I had ordered through the local administration. The research emphasizes: Man should be able to chew properly every bite of its high-quality food about 4,000 times properly to obtain 96% bio-availability of the contents of the food. Even in this best case the food would not be broken down. All this is impossible for a denture in the usual sense. And now the clou: As soon as the food was broken down by means of mixer for about 1-2 minutes, it attained the value, of now only needing 1/3 to 1/6 of it- depending on how much you chewed your food before.

I did not believe this at first, ate the same amount as before, which almost made me burst. Nervousness in a measure, I could have trained three times a day immediately, I had that much energy. The amount of the weights moved during my training increased enormously from that day on, even up to the mentioned 126.405 kg during my leg training this Monday. One day before I managed over 50 tons of weight during a relaxed arm training alone. Today, there was only little time for a 60 minute chest training, in which I improved from 21.840 kg to 28.200 kg from the previous training, this with one third of the previous food quantity. I must admit being careful with chest training, I am not comfortable with weights beyond 100 kg or even only 60 kg additional weight doing dips, it is still too delicate, since I suffered a biceps rupture during an underground operation in the rescue of a comrade. But from now on, since August 28, 2020, I am GOD-DOPING purely from nature, combined with the best progress of a simple mixer.

Here is something else very concise, that will please you much more:

The **less** food you eat - no matter how healthy it is - the older you will become. This is also according to the age research, which the ascetics initially started. That rule of thumb is sacred to me, only taking in the FIFTEEN FOLD of daily calories in comparison to my body weight. This amounts is almost  $100 \text{ kg} \times 15 = 1,500 \text{ kcal/day}$ . And this amount is already very difficult to eat, since I am so full after some spoonfulls my rich breakfast, that I spurn the rest for an hour. The World champion [Dr. Amen Ra](#) adjusted his daily calorie value to 1,100 - 1500 kcal.

A further very considerable side effect: The muscles pump themselves up after the meal immediately and in such a way that this fact made me look in the mirror a lot at the beginning of my research, the feeling was only known to me from after training so far.

As a last positive effect factor I mention the enormous tingling in the whole body, not only in the extremities, but mainly in the middle of the head, directly behind the third eye, paired with better blood circulation, especially in the face! The revival of our creator organ goes along with this nutritional form.



*:friedrich wilhelm thomas aus dem Hause Neubert*

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